

Common Procrastination Profiles

Profile Type	Cognitive Distortions	Ways to Challenge
Perfectionist	All-or-Nothing Jumping to Conclusions Self-Centeredness	Progress, not perfection Make SOME progress Nobody can predict future World doesn't revolve around me
Fearful Avoider	Catastrophizing Mental Filter Over-Generalizing	I CAN stand it Break into smaller tasks Identify rewards/gains Remind self of successes
Overcommitted Wishful Thinker	Denial / Minimization Self-Centeredness	Reality check Make self accountable with others Consider how will impact others

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